278 759 The herbalist, before using herbs previously gathered and dried, performs the same rite of smoking and prayer. If the plants are being gathered for future rather than for immediate use, an appeal is made to the Creator to bless the plants and render the remedies effective in curing the future ills of his grandchildren.

[184] The custom of offering prayers before the gathering and preparation of medicinal plants is not observed exclusively by the medicine men but is known to every Delaware. However, it was remarked that many fail to adhere to the ancient rite.

In observing Wi·tapanóxwe I was charmed by the delicate and reverential manner in which he handled the plants secured and arranged for this study. At this time he emphasized the idea of conservation, stating that one should gather only what was needed, and that vegetation in general should not be subjected to ruthless treatment.

[577] [823 784] Purity means much to the conservative Delaware and so the pure plants, as taken from Mother Earth, must not be defiled. It is therefore important that in order to avoid contamination no metal should come in contact with plants that are to be used in the treatment of disease. Roots and plants are allowed to dry in the sun, its rays lending them added potency. In this connection it is considered highly beneficial for [758] a convalescing person to lie directly in the sun, so that its strengthenings qualities may be transferred to him. After the process of curing, roots and leaves are prepared by crushing them in a non-metallic receptacle, a stone basin or a wooden mortar being used for the purpose.

[823] The herbalist smokes and offers a prayer while the medicine is being prepared and is always careful to stir it in the same direction—from left to right. One should never blow upon the concoction to cool it; to do so would represent an affront to the spirit of the plant.

159 The most able practioner will not treat himself when ill, nor a sick member of his family, but always calls upon the service of another.[14]

If an herbalist or sweat doctor, after diagnosing a case, feels that it is beyond his power to effect a cure, he will send the patient to another more capable of treating him successfully. Sometimes a sick person

[14] Zeisberger *(op. cit.* p. 25) "If one should know enough to help himself, being able to prepare *Beson*, and became ill, he will rarely treat himself, having the superstitious belief that what is prepared by himself will be of no benefit. Using what has been prepared by another, he believes, will bring relief."

[P. 35, B]

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571 women, and might safely therefore be more "friendly" with them.

Oral Fixation

153 There is some evidence to suggest a preoccupation, which had a large component of aggressiveness, with oral needs. This concern with eating (and with other oral phenomena, such as ritualistic pipe-smoking, naming, and oratory), which reached far beyond subsistence requirements, can hardly be ascribed to a realistic subsistence anxiety since the Delawares had ample supplies of animal and vegetable foods at their disposal, and adequate techniques for cultivating, gathering, preserving, and storing them. It is worth [787] mentioning that the pubescent Delaware solicited the favor of a guardian spirit by self-imposed fasting; the spirit was supposed to pity him and appear in a vision; later the spirit would be important to him in helping to secure food.[23] Oral rituals, often with a compulsive quality, were a [527] recurrent institutional theme: almost all social gatherings involved eating, smoking, and oratory, and some were frankly eating-orgies—the famous "eat-all" feasts, for example; the fondness for liquor may be regarded as an oral trait of compulsive [757] character;[24] internal medicines were usually taken as liquid herbal infusions, usually ● [758] in large doses;[25] the sick lived on a liquid [754] diet;[26] suicide and witchcraft were both accomplished in most cases by poison taken 762] by mouth;[27] tortured prisoners were sometimes ceremonially eaten, and hunger [727] cannibalism was reported;[28] war parties 266] made a ceremonial feast the night before their departure;[29] emetics were extensively [757] used in the treatment of disease, and vomiting was thought to relieve a sense of guilt, 777] and also to bring luck.[30]

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23. Zeisberger, 1778, pp. 132-133.
24. Zeisberger, 1778, p. 116; Heckewelder, 1819, p. 263.
25. Zeisberger, 1778, pp. 24-25; Tantaquidgeon.
26. Zeisberger, 1778, p. 24.
27. Zeisberger, 1778, p. 125; Heckewelder, 1819, p. 258.
28. Heckewelder, 1819, p. 199; Zeisberger, 1778, p. 107-108.
29. Zeisberger, 1778, p. 103.
30. Zeisberger, 1778, pp. 84, 133-134.